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metroBUSINESS



Paul Bourget's book club for inmates at Stony Mountain Institution has become so popular a second club is being set up at the minimum security facility next door. SHANE GIBSON/METRO

Book club for inmates grows

REHABILITATION

Founder hopes to see novel idea in other prisons



Shane Gibson
Metro | Winnipeg

They may have had the book thrown at them to end up there, but inmates taking part in a Stony Mountain Institution book club are now enjoying them so much, they're starting a new club at the minimum security facility next door.

"The inmates requested it and that tells you the importance that this has in their lives," said Paul Bourget, a former warden at the Manitoba

Youth Centre who started the book club at the federal maximum and medium security prison two years ago.

"We've had prisoners that have been transferred to other institutions and the first thing they ask when they get there is if they have a book club ... it's an odd question for guards that have never heard of a book club in a prison before."

The group of up to 15 prisoners meet with a volunteer in the jail's library once a month and the group spends two hours discussing a book members have just finished reading.

The books, which have ranged from Jeanette Walls' *The Glass Castle* to Nelson Mandela's autobiography (they're currently reading Homer's *The Odyssey*), are chosen both by the inmates and the program's administrators.

Bourget got the idea to start

the book club after reading about the work of Toronto-based charity, Book Clubs for Inmates, which began establishing clubs in Ontario prisons in 2009 and now has 17 clubs running in 14 federal prisons across the country.

Until now Stony Mountain's club has been the only one in Manitoba, but due to the demand of members transitioning to Rockwood Institution, a second club is set to open at the minimum security facility later this month.

"These guys that are locked up, at some point in their lives they're going to get released back into society and while they're in prison it should be about rehabilitation," said Bourget. "The group process, to me, is just as important as the books we read because those connections are what really matters."

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EVENTS

Aboriginal Day gets bigger and bigger

Aboriginal Day Live is coming back to Winnipeg for the ninth year, and the people organizing the event say it's a way to bring aboriginal people and culture together for one day.

The Aboriginal Peoples Television Network announced the lineup Tuesday for the 2015 Aboriginal Day Live and Celebration Winnipeg show.

APTN COO Sky Bridges said the free event gets bigger every year.

"We are seeing television ratings increase, and last year with social media we had 46 million impressions for our hashtag," said Bridges. "There is a conversation going on across the country on Aboriginal Day and that has become amazing."

This year's show in Winnipeg will feature country star Brett Kissel, folk singer

Don Amero, pop group Federal Lights, as well as rotating performances of First Nations, Inuit and Métis singers and dancers.

Another Aboriginal Day Live show will happen on the same day in Edmonton, and the APTN broadcast will switch back and forth between the two shows.

"That's what makes this so unique," said Bridges. "We have two stages across the country that are tying in, and I don't know of any other Canadian show that has two stages tying in like this."

The day will also feature a kid zone, pow wow and skateboard competition.

Aboriginal Day Live and Celebration happens at the Celebration Village at the Forks on June 20, starting at 11 a.m.

DAVE BAXTER/METRO



Hoop Dancers Arianna Scott, Phoenix Handel and Stone Bruce will be some of the many performers performing at the Aboriginal Day Live and Celebration Winnipeg show. DAVE BAXTER/METRO

Forks getting a \$2.5M 'refresh and rebrand'

TOURISM

Proposals sought for five new food vendors

Dave Baxter
Metro | Winnipeg

After more than 25 years, the Forks Market is due for a spruce-up.

The Forks announced plans Tuesday for a \$2.5-million "refresh" of their Centre Court and atrium areas, which opened in 1989.

The plans include an 80-person harvest table, more efficient seating and a craft beer and wine kiosk.

They will also do a "top-to-bottom refresh and rebrand" of Centre Court, including updates to tables, chairs, lighting, fixtures and storefront, as well as technological upgrades.

They will also add five new food vendors, with the hope of attracting more foodies to the Forks. "We want to recreate that idea that we are a food destination once again," said Clare Mackay of Forks North Portage.

Mackay said summer and Christmas are their busiest seasons, but they want to keep people coming through the doors all year.



An artist's rendering shows what the Forks could end up looking like. COURTESY FORKS NORTH PORTAGE

Winnipeg has one of the coolest food scenes in North America, and we want to tap into that and bring it here. Paul Jordan

"It's to attract people here on an ongoing basis, and help out our existing tenants that are here," Mackay said.

The new Centre Court, which will be renamed Food

Hall, will feature 10 kiosks and vendors, and the Forks is now looking for requests for proposals for five of those vendors.

"For those five new spaces

we are looking for local up-and-comers, those with a passion for food," said Forks North Portage CEO Paul Jordan. "Winnipeg has one of the coolest food scenes in North America, and we want to tap into that and bring it here."

Renovations will start on May 18 and should be finished by the end of 2015. The Forks Market will stay open during renovations.

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IN BRIEF

Firefighter just trying to help lost cat, police say

Winnipeg Police say a man who was reported as suspicious was trying to find a lost cat's home.

Around 9 p.m. on April 9, police were called to Kingston Crescent.

A man said that at 7:15 p.m., his daughters, aged seven and 10, were playing at Kingston Park with other children when a man pulled up in a truck and called the kids over to show them a cat. He also wanted them to go with him to help find the cat's home.

Police report that a father began questioning the man, who drove off in his truck, which had a specialty firefighter's licence plate.

On April 13, investigators got a phone call from a firefighter who said he had found a cat that appeared lost and took it to try to find the owner. He said he was asking the children in the park if they recognized the cat.

Police said nothing inappropriate happened.

METRO

Five men arrested on drug, weapons charges

Police arrested a Winnipeg man and four men from Edmonton Monday after being called to a home in the 800 block of Corydon.

When the officers arrived they could clearly see weapons and drug paraphernalia.

Further investigation resulted in the seizure of a semi-automatic handgun with ammunition, bear spray, a machete, marijuana, drug paraphernalia, and \$2,200 in cash.

The men face numerous drug and weapons-related charges.

METRO
Residents formed a Face-



Sgt. Mike Brooker, left, along with Const. Jason Michalyshen, speaks to reporters Tuesday at the West District Station about Project Comet, launched a year ago to combat property crime. ELSHA DACEY/METRO

Spike in crime spurs forum with police

PROJECT COMET

Car windows repeatedly smashed in River Heights



Elisha Dacey
Metro | Winnipeg

All Winnipeggers — including those from River Heights — are invited to attend a community forum Wednesday after a spike in property crime numbers in the area, especially smashed car windows.

Residents formed a Face-

book group after a string of what they say is relentless vehicle vandalism that saw some people victimized numerous times.

"There are people who have reported five, six and up to 10 break-ins in just a few years' time," said group administrator Jon Waldman. "When you look at the average premium being \$200, that's up to \$800 in deductibles — that's a mortgage payment, that's food for a couple weeks."

Winnipeg police said they have heard the complaints loud and clear, hence the forum.

"This isn't just a police problem — this is obviously a community problem," said Insp. Rick Guyader, adding it's been

There are people who have reported ... up to 10 break-ins.

Jon Waldman

frustrating for both police and residents. "We've got some initiatives that we've put into place and we've gotten a lot of feedback hopefully we can come up with some solutions."

Sgt. Mike Brooker said since launching Project Comet a year ago in an effort to focus on property crime, they have seen a spike in the River Heights

area, but couldn't give specific stats, only saying they would have more information at the forum Wednesday.

Guyader said despite the smashed windows, police still recommend people lock their cars.

"I think if you spoke to MPI, they'd tell you they want the doors locked," he said. "My instinct from my past says lock doors ... (sometimes) there are 20 cars in a row and they all have their windows smashed, whether they're locked (or not)."

The forum will be held at Corydon Community Centre at 1370 Grovesnor Ave. at 6:30 p.m. on Wednesday. Const. Jason Michalyshen said he expects a high turnout.

NO ROOM FOR FONZIE New flats slow to catch on

While the "Fonzie flat" might have looked like a cool place to live for kids watching TV in the seventies, Winnipeggers are saying "whoa" to the idea of adding apartments above their own garages.

Three years after council changed zoning rules to allow for detached secondary suites — separate living units located above a garage, in a backyard or along a rear lane — only three have been developed, the property and development committee heard on Tuesday.

City officials had expected up to 100 would have been built by now.

"I'm quite shocked at the low numbers. There must be something going on here," said Councillor John Orlakow, who added he is looking at converting his own garage into a suite for an aging relative.

Chief planner Braden Smith said Winnipeg's relatively affordable land and housing prices reduce the pressure for homeowners to maximize the revenue potential of their properties.

But Jino Distasio, director of the Institute for Urban Studies, said detached suites can not only help homeowners pay their mortgages, but they can increase density and affordable housing options in existing neighbourhoods.

"There's an endless number of types of housing we could be providing to increase density in our neighbourhoods," he explained. "A lot of older neighbourhoods where this would be desirable have a lot less population than they did decades ago."

The committee asked city staff to come back in six months with ideas on how to encourage the development of more detached suites.

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PUBLIC TRANSIT

Half of new bus drivers quit after a year: Union



**Colin
Fast**
Metro | Winnipeg

More than half of new bus drivers leave the job within the first year, according to the city's transit union.

Speaking at a noon hour rally in front of city hall, Amalgamated Transit Union (ATU) president John Callahan said low wages, split shifts and unsafe working conditions are creating a revolving turnstile of transit operators.

"It's a tough job being a bus operator," he said. "You're in this perpetual mode of inexperience and we have to get past that. We want to attract and retain people so that you can get on to expand service."

The most vulnerable sector of society depends on transit, so why cheap out there?

John Callahan,
ATU president

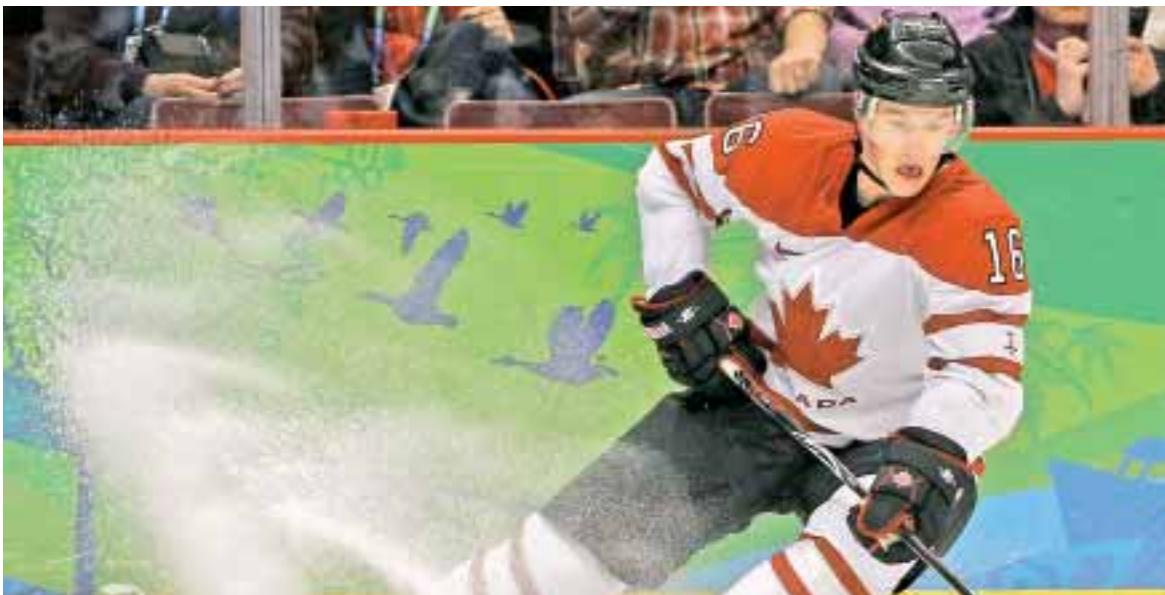
Pay is one of the key issues on the table as the ATU negotiates a new contract with the city. The union recently rejected the city's latest offer, and the two sides agreed to conciliation talks later this month. Over the past two weeks, union members have declined voluntary overtime shifts. Callahan said that has led to the cancelling of about 20 runs per day.

"Our operating cost per hour is 26 per cent below the national average," he said. "The most vulnerable sector of society depends on transit, so why cheap out there?"

Mayor Brian Bowman made a brief appearance at the rally, and said he told union members he hopes the two sides can reach a new agreement soon.



Amalgamated Transit Union head John Callahan said the city needs to spend more to retain bus drivers. COLIN FAST/METRO



Jonathan Toews will be adding another medal to his collection. GETTY IMAGES

Community pride

ORDER OF MANITOBA

Tom Cochrane and Jonathan Toews among inductees

Music icons and NHL players are among those who will receive the Order of Manitoba this year.

"While the individual accomplishments of the 12 women and men recommended this year for investiture are wide-ranging, they share the giving spirit and commitment to community for which Manitobans are known," said Manitoba Lt.-Gov. Philip S. Lee in a press release.

This year's ceremony will take place July 9. Here's the list of this year's inductees:

Rachel Alao, founding executive director and program director of Winnipeg's Helping Hands Resource Centre for Immigrants Inc.

Chad Allan, a rock music icon, for the pivotal role he played in the creation of two legendary Winnipeg rock bands: The Guess Who and Bachman-Turner Overdrive.

Karen Beaudin, a community resource co-ordinator and proud Manitoba Métis, for increasing support, understanding and respect for Indigenous people in the workforce.

Tom Cochrane, a multi Juno

Award-winning musician, for his accomplishments as a member of Red Ryder and as a solo performer.

Dian Cohen, economist, broadcaster and author, for the important role she has played in shaping community strategies and government policies.

Wilma L. Derkson, artist, author for her long-standing support and advocacy following the abduction and murder of her daughter Candace in 1984.

Dan Johnson, the founding executive director of the Manitoba Special Olympics, for championing special needs athletes.

Sheldon Kennedy, for his NHL career and for turning the tragedy of a history of sexual

abuse into help for other victims.

Donald R. J. Mackey, Métis veteran, for the establishment of the Sgt. Tommy Prince, MM, Royal Canadian Army Cadet Corps.

Mitch Podolak, founding artistic director of the Winnipeg Folk Festival, for his contributions to the folk music community.

Khhem Kamarie (Monica) Singh, a member of the Manitoba Ethnocultural Advocacy and Advisory Council, for actively supporting recent immigrants to Manitoba.

Jonathan Toews, Chicago Blackhawks captain, Stanley Cup victor, and gold-medal winning Olympian, for his tremendous contributions to hockey. METRO

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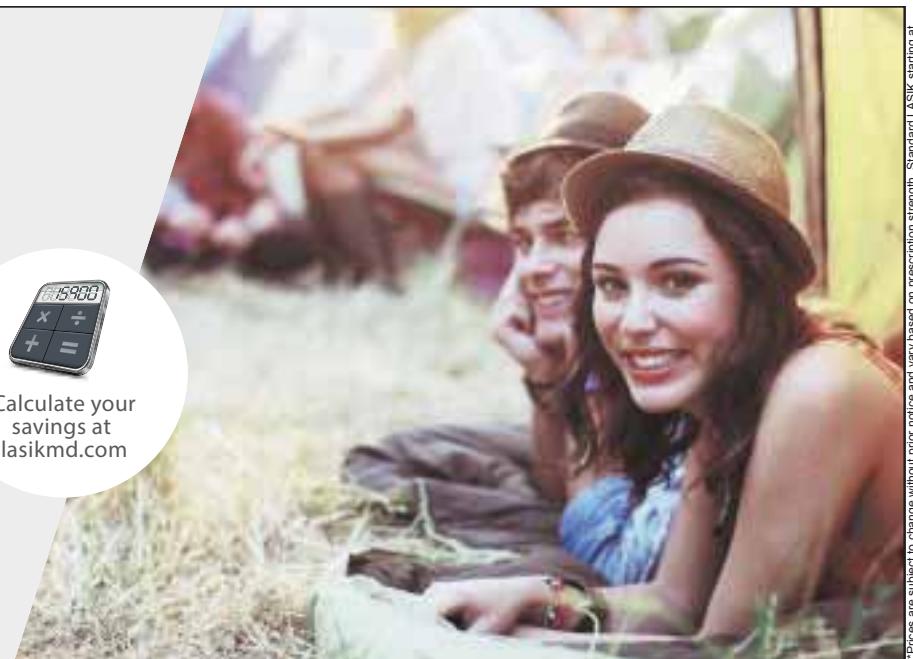
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**VACATION GUIDE HAPPY BIRTHDAY, MANITOBA**

Canadian Fossil Discovery Centre executive director Peter Cantelon and Travel Manitoba board chairman Bob Sparrow celebrated Manitoba Day on Tuesday by taking part in the official launch of this year's annual vacation guide. The province also relaunched the Star Attraction program, adding the Canadian Museum for Human Rights to the list. DAVE BAXTER/METRO

Girl likely mauled to death, chief says

INVESTIGATION

Evidence suggests bear or wild dogs responsible

Residents of a northern Manitoba community were in mourning Tuesday over the apparent mauling death of an 11-year-old girl.

Teresa Robinson disappeared a week earlier after leaving a birthday party on the Garden Hill First Nation.

"She was running home and apparently she never made it home, and the father ... he was of course worried about what was happening," said David Harper, grand chief of the Manitoba Keewatinowi Okimakanak, which represents First Nations communities across northern Manitoba.

At first, the family thought

Robinson may have slept over at a friend's place, but she didn't show up at school and a search was launched.

On Monday, searchers found the girl's remains, along with a bracelet nearby, Harper said. It appears the girl was mauled by an animal, probably a black bear, but the community has wild dogs as well, Harper said.

"(RCMP) forensics are at Garden Hill right now, so hopefully they'll be able to tell us exactly what took place."

RCMP would not confirm the remains belong to Robinson and would only say they were investigating the death of a young girl in Garden Hill, a fly-in community some 500 kilometres northeast of Winnipeg.

Harper flew to the community Tuesday along with the girl's grandparents, who live in Winnipeg.

THE CANADIAN PRESS

HEALTH

CancerCare and University of Manitoba partner for new research institute

CancerCare Manitoba and the University of Manitoba hope a new partnership announced Tuesday will bring improvements to both research into the disease and care for patients.

The U of M and CancerCare are collaborating to create the Research Institute of Oncology and Hematology, which will bring together all pillars

of cancer and blood disorder research, according to CancerCare president Dr. Sri Navaratnam.

"We did have a joint institute previously, started in the 1960s, which only focused on the cell biology, which means cancer research at the cell level," explained Navaratnam. "Now we're expanding this scope to include other types

of research, clinical research, clinical innovation and patient experience.

"So any type of cancer research that happens in Manitoba could be centred in this institute."

The expanded cancer research platform at the institute will include discovery research, research into prevention, clinical innovation and health ser-

vices and research on patient experience.

"Cancer research is always evolving, and in the '60s it was mainly focusing on the cells," said Navaratnam. "Now it's much beyond that."

The Research Institute of Oncology and Hematology will be located at the CancerCare Manitoba Research Centre.

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Heckler fired after row with reporter

TORONTO

Companies condemn sexist comments



**Jessica
Smith Cross**
Metro | Toronto

Two big names on the Toronto business front earned praise Tuesday as they took action to condemn sexist comments hurled at a TV reporter.

Maple Leaf Sports and Entertainment (MLSE) says it will ban those responsible from future sporting events if they can be identified. Ontario's Hydro One, meanwhile, fired a man after he was pegged as one of the people who supported others yelling "f—k her right in the p—y" as CityNews reporter Shauna Hunt did a broadcast from Sunday's Toronto FC soccer game.

"I'm glad to see companies stepping up and taking this



CityNews' Shauna Hunt was the latest woman to be heckled by a group of men shouting sexually explicit comments into a microphone. CITYNEWS/THE CANADIAN PRESS

seriously. It's a change and it's a welcome change," said Todd Minerson, executive director of the White Ribbon Campaign, an organization of men working to end violence against women.

Shouting the vulgar phrase at female reporters has become a trend known as "FHRITP" heckling. It's been playing out in cities across Canada and the United States for more than a

year. But little formal action has been taken against hecklers, despite police in various cities saying criminal charges are an option.

Hydro One and Maple Leaf sports didn't mince words on their stance Tuesday.

Shawn Simoes didn't yell the phrase, but during a later interview with the CityNews reporter, told her he thought the practice was "hilarious."

That clip, during which Simoes makes an incoherent statement to the reporter about a vibrator, has now been watched thousands of times on YouTube.

Simoes' actions violated Hydro One's code of conduct, the public utility said.

"Respect for all people is engrained in the code and our values," spokesman Daffyd Roderrick said in statement. "We are committed to a work environment where discrimination or harassment of any type is met with zero tolerance."

ELECTION

Different debate formats expected

Canadians can expect to see multiple federal election debates during this campaign season, likely over the summer and in different formats, as part of a major upheaval in the way the leaders square off in person.

YouTube, live-streaming, multiple moderators — it's all on the table in the run-up to the October vote.

The Conservative Party of Canada appears to be taking the first step in shaking up the debate system, rejecting outright the traditional model of one debate each in French and English, both tightly controlled by the major networks. The Tor-

ies and the NDP have instead said yes to two new debates — one proposed by the French-language network TVA and another hosted in August by Maclean's magazine. And they're willing to do more.

The Liberals haven't made any commitments, but say that the time has come to create a new independent debate commission to oversee the particulars.

Conservative spokesman Kory Teneycke has said his party is willing to participate in up to five debates, and wouldn't necessarily turn down something hosted individually by a consortium member. THE CANADIAN PRESS

IN BRIEF

Crown drops two charges in Ghomeshi case

Two sexual-assault charges have been dropped against disgraced former broadcaster Jian Ghomeshi, who was ordered Tuesday to face the remaining five charges of sexual assault and one count of choking. THE CANADIAN PRESS

Friendly-fire death a case of 'mistaken identity'

The friendly-fire incident in Iraq that killed Sgt. Andrew Doiron was the result of "a tragic case of mistaken identity," exacerbated by fatigue and a breakdown in communication, the Canadian military says. THE CANADIAN PRESS

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NDP vows funds for abortion overseas

POLITICS

Party pledges to restore family planning to aid initiative

The NDP would restore funding for abortion and family planning to Canada's keynote development initiative that promotes maternal, newborn and child health.

That pledge came Tuesday in a speech by NDP Leader Tom Mulcair, which introduced some foreign policy planks for the Official Opposition.

Prime Minister Stephen Harper has made helping newborns and young mothers in the developing world his signature aid priority, committing more than \$6 billion to the initiative between 2010 and 2020.

But the initiative has sparked major criticism — including from the respected medical journal, *The Lancet* — because the Con-



NDP Leader Tom Mulcair asks a question in the House of Commons on Tuesday. THE CANADIAN PRESS

servatives will not allow any money to go toward projects that include abortion.

Mulcair said the NDP would reverse that policy and make funds available for family planning, reproductive and sexual

health and access to abortion services. He also repeated a promise to meet the United Nations development spending goal of 0.7 per cent of GDP.

The most recent analysis by the Paris-based Organization for

Economic Co-operation and Development said Canada's overall level of aid spending has fallen to its lowest level in more than a decade.

The OECD pegged Canada's 2014 aid spending at 0.24 per cent of GDP, well below the UN target. In 2010-11, Canadian foreign aid stood at 0.34 per cent of GDP. The United Kingdom, by comparison, has hit the 0.7 per cent target two years in a row.

Canada has never reached the goal, coming closest in the mid-1970s under the Pierre Trudeau Liberals when the level reached above 0.5 per cent of GDP.

Stephen Brown, a University of Ottawa aid expert, said that to reach the 0.7 per cent of GDP target, aid spending would have to rise to \$13.9 billion a year.

Brown said such an increase is possible.

"The U.K.'s Conservative-led coalition reached that level last year, despite a fiscal situation far worse than Canada's."

THE CANADIAN PRESS

PARLIAMENT

Veteran benefits in omnibus budget

The Harper government has stuffed proposed improvements to veterans benefits into the omnibus budget bill, saying it needs to make sure it passes before the next election.

But the move could also silence opposition critics.

It's an unusual tactic, since Veteran Affairs Minister Erin O'Toole had already introduced separate legislation — Bill C-58 — to enact the changes, which include a new retirement benefit for severely disabled soldiers, a separate \$70,000 injury award and a proposed \$7,238 caregivers benefit, among other things.

O'Toole told the House of Commons veterans committee that he doesn't trust the opposition to pass the bill before Parliament adjourns — likely next month, with an election scheduled for October.

He pointed to an NDP motion, debated on Monday, which called on the government to recognize its social obligation to veterans, as well as recent statements that the changes don't go far enough.

"It's clear you wanted to delay, and I won't allow a delay to happen when I've made a commitment to veterans," O'Toole said

COMMENTS

NDP veterans critic Peter Stoffer said the effect of putting the improvements into the budget bill is that veterans groups won't have a chance to comment before Parliament.

in an answer to a question by NDP veterans critic Peter Stoffer.

The bill was introduced in late March but has yet to be brought before a Commons committee for detailed study, said Stoffer, who noted that his party likes the legislation.

"We in the opposition — I cannot speak for the Liberals — but we have never indicated a delay in Bill C-58," he said. "And to indicate that we have is simply not true."

O'Toole's parliament secretary, Ontario Conservative MP Pierre Lemieux, said there's still a possibility that portions of the budget bill affecting veterans would be open to public comment, but that decision would rest with the Commons finance committee.

THE CANADIAN PRESS

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Nepal shaken again by major earthquake

ASIA

At least 37 killed with death count expected to rise

A new earthquake killed dozens of people Tuesday and spread more fear and misery in Nepal, which is still struggling to recover from a devastating quake nearly three weeks ago that left more than 8,000 dead.

A U.S. Marine Corps helicopter carrying six marines and two Nepalese soldiers was reported missing while delivering disaster aid in northeastern Nepal, U.S. officials said, although there have been no indications the aircraft crashed.

Tuesday's magnitude-7.3 quake, centred midway between Kathmandu and Mount Everest, struck hardest in the foothills of the Himalayas, triggering some landslides, but it also shook the capital badly.

sending thousands of terrified people into the streets.

At least 37 people were killed in the quake and more than 1,100 were injured, according to the Home Ministry. But that toll was expected to rise as reports began reaching Kathmandu of people in isolated Himalayan towns and villages being buried under rubble, according to the UN's Office for the Coordination of Humanitarian Affairs.

Tuesday's quake was also followed closely by at least 10 strong aftershocks, according to the U.S. Geological Survey.

Tremors radiated across parts of Asia. In neighbouring India, at least 16 people were confirmed dead after rooftops or walls collapsed onto them, according to India's Home Ministry. In Tibet, a landslide killed one person and injured three, according to China Central Television. Two houses collapsed, the state broadcaster said, quoting disaster officials of the regional Tibetan government.

THE ASSOCIATED PRESS



A rescue worker from USAID inspects the site of a building that collapsed in an earthquake in Kathmandu, Nepal, Tuesday. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

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MALAYSIA AND INDONESIA

Nations turn back boats of fleeing migrants

Thousands of Bangladeshis and members of Myanmar's long-persecuted Rohingya Muslim minority appeared Tuesday to have no place to go after two Southeast Asian nations refused to offer refuge to boatloads of hungry men, women and children.

Smugglers have fled wooden trawlers in recent days amid fear of a massive regional crackdown on human trafficking syndicates, leaving migrants to

fend for themselves.

"We won't let any foreign boats come in," Tan Kok Kwee, first admiral of Malaysia's maritime enforcement agency said Tuesday.

Unless they're unseaworthy and sinking, he said, the navy will provide "provisions and send them away. Hours earlier, Indonesia pushed back a boat packed with hundreds of Rohingya and Bangladeshis. THE ASSOCIATED PRESS

IN BRIEF

Fighting breaks out after ceasefire in Yemen

With cargo ships poised to launch a desperately needed aid operation in Yemen, a five-day humanitarian ceasefire began Tuesday night, just hours after Saudi-led coalition warplanes struck against Shiite rebels and their allies. Security officials and witnesses said fierce combat broke out about a half hour after the cease-fire began when rebels tried to storm the southern city of Dhaile. But no airstrikes by the Saudi-led coalition were reported. THE ASSOCIATED PRESS

Officer not charged in man's shooting death

A white police officer won't face criminal charges for fatally shooting an unarmed 19-year-old biracial man, a prosecutor announced Tuesday. District Attorney Ismael Ozanne said he won't file charges against Officer Matt Kenny in the death of Tony Robinson. Police said on March 6 Kenny was responding to calls that Robinson was running in and out of traffic and had assaulted two people. They said Robinson also attacked the officer. THE ASSOCIATED PRESS

UNITED NATIONS

EU seeks approval to hunt smugglers

The European Union is seeking a UN Security Council resolution within days to let its members hunt down human traffickers in the Mediterranean and destroy their boats, a senior EU official said Tuesday.

EU foreign ministers hope to have a UN resolution by their May 18 meeting "to ensure that we can have coercive action toward the smugglers" who have helped bring more than 10,000 migrants to European shores in unseaworthy boats in recent weeks, said the official, who has close knowledge of the operation but is not permitted

to speak publicly about it.

More than 170,000 illegal border crossings were recorded through the Mediterranean last year, mostly Syrians and Eritreans leaving via Libya, whose collapse has allowed criminal gangs and terrorists to flourish. Around 1,700 migrants are feared to have died in recent weeks even before the high season for sea migration begins in June.

The controversial operation is part of a broader EU migration agenda to be unveiled Wednesday by the EU's executive Commission. The agenda

includes steps to speed up the identification and processing of migrants when they arrive, and to ensure that countries rapidly send back people who do not qualify for protection, according to a draft of the text obtained by The Associated Press.

European navies currently can only destroy boats involved in trafficking if they have no national flag or if the nation whose flag they bear gives permission for their destruction. A UN resolution would broaden that restriction to allow for more boats being destroyed. THE ASSOCIATED PRESS

CHRISTOPHER LEE CORNELL

Man pleads not guilty in terror plot

A 21-year-old man accused of plotting to attack the U.S. Capitol in support of Islamic State extremists pleaded not guilty Tuesday to the latest federal charge against him.

An indictment last week added a fourth count against Christopher Lee Cornell. The charge of material support to a U.S.-designated foreign terrorist organization carries a potential sentence of up to 15 years in prison with conviction. Federal authorities said Cornell offered support and resources, including

himself, to extremists with the Islamic State group.

Cornell has been held without bond since his Jan. 14 arrest. His father has said Cornell was coerced by an informer.

He earlier pleaded not guilty to the other counts. The charges of attempted murder of U.S. officials and employees and of solicitation to commit a crime of violence carry potential 20-year prison sentences. Cornell also faces a firearms-related charge carrying a mandatory minimum of five years, with a maximum

of life in prison.

Before his arrest, Cornell sent messages on social media and posted video in support of Islamic State militants and violent attacks by others, the FBI said. Cornell told a Cincinnati television station in March that he had wanted to go to Washington and shoot President Barack Obama.

He was arrested outside a suburban gun shop after he bought two M-15 assault weapons and 600 rounds of ammunition, the FBI said. THE ASSOCIATED PRESS

Bulk Barn looks to get in with hip new crowd

STRATEGY

Chain updates its image with trendy foods, downtown digs



**Melissa
Dunne**
For Metro

Every two weeks or so, Melissa Baker hauls home bags filled with healthy staples, such as dried beans, chickpea flour, spices, steel-cut oats and shredded coconut. She's short on storage space in the small condo she shares with her sister, so she pours her bi-weekly take into mason jars.

You might assume the type of person who puts their food in mason jars shops at Whole Foods Market, or if they really want to one-up the hipster down the street, the local independent health-food store. You'd be wrong. Baker, along with an increasing number of condo-dwelling millennials, frequently shops at Bulk Barn.

"Back in 2012 or 2013, Prince George (about eight hours north of Vancouver) got a Bulk Barn, and everyone was saying, 'A Bulk Barn is coming! A Bulk Barn is coming!'" recalls the 26-year-old master's student, who now lives in downtown Toronto and studies nutrition at Ryerson University.

That's right: the suburban chain with the garish yellow-and-red signs is suddenly hip.

From suburban to urban

Bulk Barn, which Carol Ofield first opened in a Toronto suburb in 1982, has recently revamped its dowdy suburban image for a sleek new downtown look.

The chain reportedly hired ad agency Leo Burnett in late 2014 in a bid to lure more young urbanites and update its once deeply uncool vibe. The franchised chain is aggressively expanding nationally, having opened more than 100 stores in the last five years. The stores can now be mainly found in big-box plazas in the suburbs and smaller standalone locations downtown.

Two of the six new Bulk Barns that have opened in the past six months are in downtown Toronto.

Gone are the garish signs at its new downtown locations, replaced with sleek red and



Melissa Baker checks bins of nuts, grains, herbs and candies at the Bulk Barn on Toronto's Carlton Street. LIZ BEDDALL/METRO

What are they? ... They're not a health food store, they're not a convenience store; they're sort of a mix.

Retail consultant Ed Strapagiel

metal, announcing to Canadians: this is no longer your mom's Bulk Barn. Recently, the chain updated its kitschy flyers for a more modern look, which garnered kudos on social media.

Bulk Barn is smart to follow Canadians downtown, says Anthony Stokan, partner at retail consultancy Anthony Russell Inc. While rent is more expensive in the core, the chain does not have to pay for mall amenities with standalone stores.

Also, franchisees can capitalize on the condo boom. With millennials moving from the suburbs to downtown, the new urban Bulk Barn locations offer a mix of nostalgia and practicality.

Millennials like Baker have no room for giant boxes of food from places like Costco in their cramped condos. And besides, like many condo-dwellers, she

doesn't have a car to get to box plazas.

The scoop on the bulk-food strategy

The new strategy is clearly working.

"I tend to go on Wednesdays because there's a student discount that day," said Baker. "It's usually very, very busy when I go."

There are now more than 200 Bulk Barns, with stores in every province. And while you can still load up on gummy worms and chocolate for a steal, the stores also have a variety of health foods that young people love.

"In terms of changes, the biggest is probably product selection. We're all about offering our customers variety, whether it's having staples like oats or something more unusual, like Non-GMO chia

seeds," said Sherryl Woodward, senior director of marketing at Bulk Barn Foods Limited in an e-mail interview.

This mix of healthy staples and not-so-healthy snacks is key to Bulk Barn's success, says retail consultant Ed Strapagiel.

"What are they?" asks Strapagiel. "They're not a health food store, they're not a convenience store; they're sort of a mix."

Being "sort of a mix" is not always a good thing. But in this case it works. Most grocers such as Loblaws and Whole Foods do offer some bulk food, but it's not their main focus,

+ OWNERS

Family-run chain

Bulk Barn Foods Limited is still run by the Ofield family, and CEO Craig Ofield is praised on the website by a franchisee. But you'd be forgiven for never having heard of the bulk-food dynasty, as the Ofields tend to shun the spotlight.

says Strapagiel. While kids may love regional bulk-candy shop chains like Sugar Mountain, there's not much for health-conscious adults there. Many independent health-food stores can be a bit dingy by modern standards, he notes.

Changing with the times

The chain has done a decent job of "cleaning up" and streamlining its stores and image, says Maureen Atkinson, senior partner at retail consultancy J.C. Williams Group. It's no longer seen as just a bargain brand but a place where health nuts like Baker can grind their own nut butters. The chain certainly has not reached a saturation point yet, says Atkinson, so expect to see more updated, dare we say trendy, stores in the future.

While many other mall staples, from Eaton's to Target to Jacob to Zellers have failed, Bulk Barn continues to succeed. The Canadian chain has pulled off a feat many retailers have found impossible: it has kept its kitschy core, while changing with the times. What could be cooler than that?

Three things that changed

1 Signs of the times

While you'll still find the red-and-yellow signs out in the suburbs, many of the downtown locations now have toned-down signs with sleek silver backgrounds.



2 Healthy items

Don't worry, you can still buy a massive amount of gummy worms for \$5, but the stores also have on-trend healthy items like quinoa and a station to grind your own nut butters.



3 Streamlined flyers

They recently updated their flyers for a more clean, streamlined look.



Three things that haven't

1 Rental cake pans

The stores still rent cake pans — there's everything from the trendy Hello Kitty to the classic Mickey Mouse pans.



2 Wacky names

Many of the items still have wacky names, from Dino Sours candies to Clownin' Around snack mix.



3 The scoop

You still generally scoop your food out of a big utilitarian bin and pour it into a clear plastic bag, with red font on it.



metr**VIEWS**

Your essential daily news

Wednesday, May 13, 2015

the big number

\$36M

This is the cost of the “tampon tax” Canadian women shell out yearly. A motion to drop federal tax from feminine hygiene items passed unanimously in the House on Monday — after some wrangling behind the scenes. Conservative women MPs reportedly threatened to stage a walkout if their caucus didn’t support the motion. The NDP on Tuesday called to scrap the tax from the current budget implementation bill; Conservatives say they’ll find \$36 million in savings in a future budget. THE CANADIAN PRESS

The problem with using Tinder to look for love

SOCIAL DISCOURSE

Omar Mouallem



To the single people of Tinder alone at the bridge, casting their rods over and over again, getting plenty of bites but catching little more than a guy or girl actually obsessed with fishing in a non-proverbial way, I'd like to apologize on behalf of the many millions of us who are wasting your time.

A study by GlobalWebIndex (GWI), a world leader in digital consumption research, found 42 per cent of Tinder users are already in relationships. A third even have rings on their fingers, including my wife and I when we decided to check out what our lives would be like in an alternate universe.

To be fair, we were upfront about it, flaunting “happily married but here for giggles” bios like tourists in matching shirts strolling down the Las

Vegas strip. There were some anthropological discoveries, too: men seemed to read “no strings attached” in her bio, while my profile flashed “scumbag” in giant neon letters. And, apparently, every woman is obligated to do yoga poses in front of famous landmarks, and every man loves hunting (maybe that's just an Alberta thing).

One might worry such window-shopping could lead to something more, but we did it for sport and to see who could get the most matches (she crushed me). There was an element of envy to it, too.

Tinder, being beautifully designed and addictive, had me shaking my head, muttering, “Single guys have it so easy today — why, in my day, I had to open a hideous browser!” Perhaps it’s not easy after all, since more than half of Tinder women are already coupled. I admit, learning that half my matches were just as likely to be half-hearted killed the fun.

The GWI study did not have a small sample size. It reached 47,000 people, in 13 countries, from high schoolers to retirees — so many of them gawkers in your lonely world.

Certainly some of them are non-monogamous, using it as a hookup app or maybe even to find like-minded couples. Others might be lecherously prowling, though Tinder’s geographical limits and Facebook integration make infidelity hard to get away with.

That makes me think most coupled users were, like us, just wandering into the digital singles bar for kicks.

Disheartening as it might be if you’re looking for love on the app — and judging from my friends, this group includes all singles under 40 — this will probably be good news for Tinder. The company has long desired to be a friend-making tool. First you meet each other on the app, then become friends on Facebook. As CEO Sean Rad put

Single guys have it so easy today — why, in my day, I had to open a hideous browser!

it, Tinder is a place for “social discovery.”

Now that the curtain’s been lifted, maybe it will evolve into that. In fact, my Tinder tourism got me a friend: another happily coupled user who was, as she put it, “scratching that promiscuity itch.” Other friends have used it to find travel buddies while backpacking. Maybe Tinder’s evolution has already begun.

Sorry, singles. You’ll have to find another app.

Omar Mouallem
(@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

ROSEMARY WESTWOOD

metroview



‘What would your mother think?’ is not a feminist incantation

I’m about done with people invoking the mother figure when men behave badly.

This weekend, a group of moronic men dropped the worn-out “f---k her right in the p---y” prank on a female reporter at a Toronto soccer game.

It’s the latest in a string of such incidents, and the reporter demanded, on camera, to know why.

She didn’t get very far, because idiots aren’t very good at explaining their idiocy, and so she asked finally, with exasperation, what if “your mum saw you talk like this?”

What I want to know is: why do we care about his mum?

Demanding to know “what your mother would think” is not some kind of feminist incantation — say these words, and the spell of sexism will be broken!

Proof: the soccer fans weren’t cured.

“My mum would die laughing, eventually!” said the one with too much gel in his hair, his face full of glee.

Social-media critics were not amused. They clamoured to the reporter’s defence, claiming this man-child’s mother would certainly not be laughing.

But they, too, are misguided.

They think they can shame this man by making him face the humanity in his own mother. And it’s laughable. Of course he sees it. He doesn’t

care. Proximity to and love for a woman is not a quick-balm for sexism. If it was, we wouldn’t have needed the suffragettes.

But even worse: why is it a woman’s job to police men?

It’s ridiculous that we still expect nagging mothers to swoop in and set misbehaving sons straight. We praised the mothers who scolded their sons for trolling on Facebook in Australia and for rioting in the streets of Baltimore.

Yet no one asks what their fathers would think. That only women, and especially only mothers, teach men how not to hate women is a sexist assumption in itself.

In our need for revenge and conversion to the feminist cause, I can see why the “mother card” is a tempting last-ditch effort. But other tactics actually stand a chance of making a point.

There’s conversation: before bringing up mom, the reporter spent time describing that “f---k her right in the p---y” is abusive and degrading. It’s that kind of blunt talk that lays sexism bare and could change the minds of bystanders and viewers — even if it had no effect on those asinine jerks.

And then there are consequences: while those men don’t care what their mothers would think, they might need to worry about their bosses. The one with the bad hair gel is getting fired.

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5

CRAFTY BREW NAMES FOR YOUR MAY LONG WEEKEND

We're in the midst of a beer revolution as lager lovers flip their solo cups at the big guys. This rebel ethos shines most in the naming of those brews. Here are five cheekily named drinks to cheers the long weekend. LIZ BROWN/METRO

1 Natural Born Keller Wild Rose Brewery, Calgary

One wonders if Mickey and Mallory Knox might toast a successful killing spree with this brewer-described 'flavourful, crisp' drink, curated from 'natural born' fresh ingredients and Keller Bier. While having your beer associated with famous fictional serial killers may seem like a branding faux pas, Wild Rose Brewery marketing manager Blair Bullied says it's all about wordplay and a name people find funny — and of course, having that name pop out on the shelf.

Best paired with: A juke box, Leonard Cohen's Waiting for the Miracle, and a game of redneck eeny, meeny, miny, moe.



2 Farmer's Daughter Whitewater Brewing, Foresters Falls, Ont.

A blonde ale that's an 'eye-opener on a hot summer's day.' Whitewater co-founder Chris Thompson said he wanted to evoke the "local, hardworking and wholesome qualities that we aspire to in the brewery." Also, "we thought it would get a laugh when people ask for a Farmer's Daughter from the bar." You can try their Farmer's Daughters Melons blend, too.

Best paired with: A pair of Daisy Dukes and a plaid shirt.



3 Yippee IPA Picaroons Brewing, Fredericton, N.B.

"Names happen. Usually accompanied by drinking beer," says Picaroons owner Sean Dunbar. "The only test the name goes through is to try it out as if ordering a beer at a pub. I forget the moment Yippee IPA struck me as being a good beer name, but I remember liking the sound of 'gimme a big glass of Yippee.'

Best paired with: Any kind of party that makes you holler Yippee!



4 Jerkface 9000 Parallel 49 Brewing, Vancouver

This American wheat ale got its name after a group brainstorm turned a little testy. "Someone suggested a much more serious name," says publicist Carine Redmond. "The team vetoed it as they don't take themselves too seriously and the more serious namer quipped 'call it Jerkface, you a—hole.'"

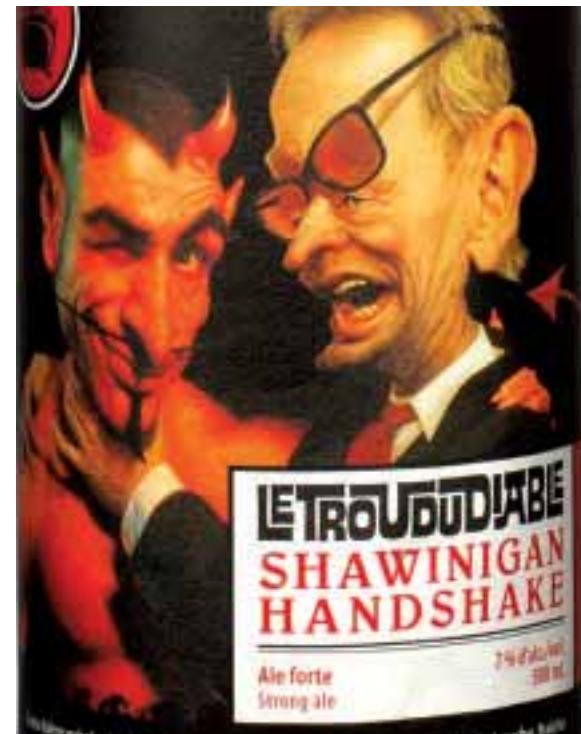
Best paired with: Those gatherings where you run into people who easily irritate.



5 Shawinigan Handshake Le Trou du Diable, Shawinigan, Que.

An homage to that 1996 Canadian heritage moment when then-Prime Minister Jean Chrétien (a.k.a. 'the little guy from Shawinigan') put a chokehold on a heckling anti-poverty protester in Hull, Que. This brew is a Weizenbock, categorized as a strong, dark wheat beer. Osten-sibly the strength of the beer is in honour of the bare-handed muscling it took Chrétien to bring a protester to his knees.

Best paired with: A no-holds-barred House of Commons debate on CPAC.



Of all the beverage containers that weren't recycled, how many were yours?

Flipping over fancy burgers

FAST FOOD

Premium burger market in Canada keeps growing

The fast-food burger keeps getting more upmarket and expensive, and an analyst says that trend isn't going away.

Last year, Canadians bought nearly 15 million burgers at an average price of \$6.05, says Robert Carter of NPD Group, which represented a four per cent price increase compared to 2013.

He notes growth in the burger business over the last five years has been dramatic, with "a lot of focus on the premium, high-end burgers with a lot of dialogue around the local and hormone-free and what I'll call the 'better-for-you' style burger."

"Almost every restaurant now talks about hormone-free, or Canadian farmers, or antibiotic-free, or organic," Carter says.

"It's catering to the consumer demand to understand more

UPMARKET

Many Canadians will shell out extra for a burger they believe to be of high quality. If it costs too little, more discerning consumers may think it's inferior and won't purchase it, analyst Robert Carter says.

about the foods that they're eating, and that also leads into the perception of health and wellness."

Bareburger, an American chain of organic burger restaurants, opened its 23rd location — and first outside the U.S. — in Toronto in January.

Euripides Pelekanos started grilling organic burgers at his nightclub in Brooklyn, N.Y., before opening the first Bareburger in 2009.

The menu caters not only to lovers of meat, but also vegans and vegetarians, and those on gluten-free, paleo and low-carb diets.

The full-service licensed restaurant offers burgers made of beef, bison, wild boar, elk, duck and turkey, with toppings ranging from pineapple relish and tomato fig jam to wild mushrooms and smoke sauce. Vegetarian patties include quinoa, black bean, or sweet potato with wild rice, and can be wrapped in collard greens or served on a brioche, sprout or

hemp milk bun.

"There's something to be said about knowing where your food comes from, knowing that animals were raised right, the right way nature intended them to be raised, from pastures to being grass-fed to being free-range," Pelekanos said during a visit to Toronto.

Bareburger plans to open 18 more stores worldwide by the

end of 2015, including several more Canadian locations.

Other U.S. burger businesses have similarly sensed an opportunity in Canada, including Five Guys Burgers and Fries, Wahlburgers and Carl's Jr.

But that's not to say home-grown upscale burger shops aren't doing well.

Shant Mardirosian, who launched a tiny Burger's

15 million

Last year, Canadians bought nearly 15 million burgers at an average price of \$6.05.

Priest location in 2010, now has six in Toronto, one in Guelph, Ont., and one in Edmonton.

Mardirosian, who attended seminary school and uses aspects of his Christian faith as a marketing tool, says simplicity and freshness are the hallmarks of his classic American-style cheeseburgers, with premium beef patties on a soft white bun.

"We grind our beef on site and that beef is never used the next day," he says.

"If we run out of meat, we close the doors and sell out. If we have beef left over, we fry it up and make chili out of it for our chili

cheese fries."

Business is booming and Mardirosian is opening five more shops, including one at Toronto's Union Station and others in Ottawa and Calgary.

At Bareburger, a basic burger, fries and a bottled water will set you back around \$17 after tax. Indulge in all the fancy stuff — say a bison burger with cheese, brisket and guacamole — and a combo rings in at about \$28 after tax.

"These are extremely delicate, high-quality (burgers). There's been a lot of work sourcing these ingredients and there's unfortunately a price that comes along with that," says Pelekanos.

When The Burger's Priest opened five years ago, Mardirosian's cheeseburger was \$4.99. Now it's \$5.79.

"You can get away with a cheeseburger combo for about \$12. Considering we use four ounces of premium beef, compared to some of the fast-food joints where they're charging \$9, for an extra \$3 I think it's quite a bargain."

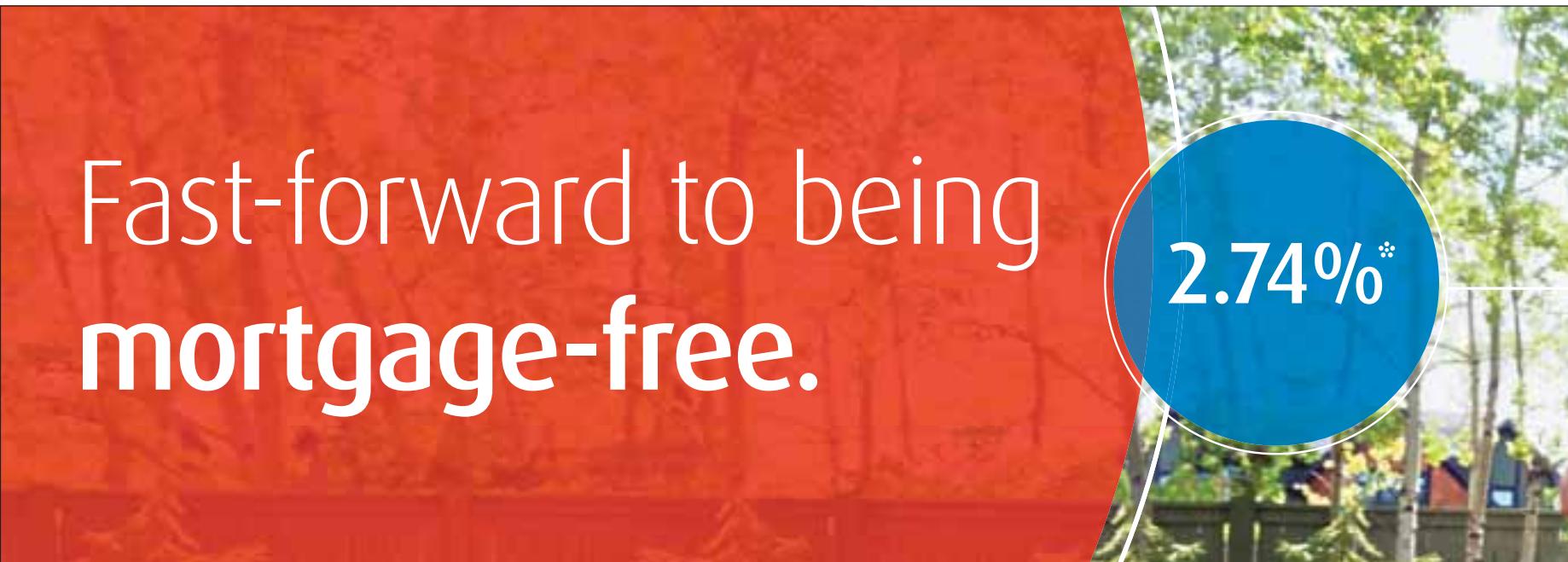
THE CANADIAN PRESS

The Blue Elk from Bareburger features elk, Amish blue cheese, back bacon, stout onions and tomato fig jam on a sprout bun. HANDOUT/THE CANADIAN PRESS



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2015-16 TV season: What's in, out

The major U.S. broadcast networks are unveiling their new season lineups to advertisers in New York this week. From Shonda Rhimes' next potential hit to Rob Lowe's double-dipping, here's a roundup of some of the highlights so far. **THE ASSOCIATED PRESS**

Proven players

ABC is adding a fourth drama next season from its favourite producer, Shonda Rhimes. The fraud investigation drama *The Catch* stars Mireille Enos (*The Killing*) and joins Rhimes' other series for ABC: *Scandal*, *How to Get Away with Murder* and *Grey's Anatomy*, which is returning for its 12th season.

Heroes was one of NBC's few successes during the 2000s, so it is coming back as *Heroes Reborn*, with a similar supernatural premise and new cast, although some original *Heroes* players will occasionally appear.

The original show's creator, Tim Kring, is back.

Over on Fox, Ryan Murphy, who gave the network a hit with *Glee*, is getting another chance with *Scream Queens*. The comedy-horror series will have veteran scream queen Jamie Lee Curtis and *Glee* breakout star Lea Michele (pictured) in the cast.



Empire building

Fans of freshman hit *Empire*, starring Terrence Howard (pictured) as a hip-hop magnate, won't have to wait until next winter for new episodes. Fox announced the drama will be on its fall schedule. But viewers should brace for a break in the planned 18 episodes. It's a split-season approach for Fox shows that network executives said will allow for a run of episodes with a midway cliffhanger — a way to create an "event" aura.

With the strong ratings last season, stars are eager to join in. Fox said Chris Rock, Lenny Kravitz and Alicia Keys will make appearances.

"The stories we've heard for season two already are just going to blow away the audience," said Dana Walden, Fox Television Group CEO and chairman.



Just for laughs

Fox is upping the ante by creating a Tuesday comedy night this fall with three of its new shows: *Grandfathered*, starring John Stamos; *The Grinder* with Rob Lowe and Fred Savage; and the aforementioned *Scream Queens*.

It promises to be a high-profile year for Lowe (pictured), who stars in *The Grinder* as an actor who attempts to become a real lawyer after playing one on TV. NBC has also announced that Lowe is a featured player in its comedy *You, Me and the End of the World*.

How will he do both? Fox executive Dana Walden said Lowe's series with NBC has already been filmed and finished.



Live and kicking

Despite lukewarm reviews for recent live shows *The Sound of Music* and *Peter Pan*, networks are not deterred from live-to-air musicals. NBC announced *The Wiz* while Fox is airing *Grease: Live*, a three-hour version of the musical. With broadcasters desperate to keep viewers watching shows and commercials in real time, expect more such efforts.

Also of note: The NBC comedy *Undateable*, starring Chris D'Elia (pictured), will attempt the high-wire act of airing a live episode each week, after experimenting with a live broadcast earlier this month. Networks love live shows, since they are generally DVR-proof. For a sitcom like *Undateable*, the appeal will be in seeing if a cast can pull it off without flubs.



Swan songs

ABC is bidding farewell to cancelled dramas *Forever* and *Resurrection* and the Latino family comedy *Cristela*, which was part of the network's move toward diversity last season.

At NBC, the comedies *Marry Me*, *About a Boy*, *One Big Happy*, *A to Z* and *Bad Judge* are all axed. So are *State of Affairs*, *Constantine* and *Allegiance*.

The *Mindy Project* starring Mindy Kaling (pictured) is out at Fox but may be heading to Hulu. Also gone at Fox are comedies *Weird Loners* and *Mulaney*,

the dramas *Backstrom*, *Red Band Society* and *The Following*, and the reality series *Utopia*.

Meanwhile, *American Idol* will be on its last legs with its 15th and final season.



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Hard to say goodbye



Mad Men airs its final episode on Sunday after seven seasons and critical acclaim. MICHAEL YARISH/AMC

SERIES FINALES

Three shows including late-night giant wrap later this month

Brian Gasparek
For Metro Life

Talk about a rough start to the week for TV fans. Within the span of a few hours on Monday, it was announced that two long-running couch potato classics, American Idol and CSI, were both getting cancelled. Bummer. But before you start getting all misty-eyed over the demise of Idol (which ends after next season) and CSI (which will get a TV movie send-off next year), save those tears for

a trio of shows that are actually saying goodbye this month.

May 2015 officially marks the end of an era for three shows, including one of the most iconic late-night talk shows of all time, one of the best cable dramas of our generation and a modern thriller that just couldn't go to go the distance.

Here's a look at the three shows that have reached the end of the line.

Mad Men (May 17)

After seven seasons, 15 Emmys and four Golden Globes, AMC's hit period drama *Mad Men* will sadly air its last episode on Sunday night.

Throughout its preplanned seven-year run, Don Draper and his ad agency pals have consistently pulled in huge ratings for AMC and an ever-growing fan

base. Yep, it's going out on top.

Mad Men will go down as one of the greatest and most influential TV dramas of all time thanks to its killer writing, acting and historical authenticity. It was also responsible for resurrecting sharp 1960s fashion and decor for the modern age.

The Following (May 18)

Kevin Bacon's show *The Following* looked like it had so much potential when it debuted back in 2013. It was edgy, scary and intense. People loved it out of the gate, and it was even the highest-rated new broadcast series for adults 18 to 49. But after the first season, it lost momentum and its ratings plummeted into an embarrassing abyss. After a minimally watched second and third season, the violent serial killer thriller is toast as of next

Monday.

Sadly, *The Following* will most likely be remembered by viewers as "that show that Kevin Bacon did for a couple years. I only watched the first season."

The Late Show with David Letterman (May 20)

And finally, May 20 marks the saddest series finale of 2015. It's the end of *The Late Show with David Letterman*. After 22 seasons of being the classiest gent in late-night television, Letterman is hanging up his suit and stepping away from the desk once and for all.

Sure, Stephen Colbert is inheriting the show from Dave and it will probably be really good, but Letterman will always be remembered as one of the greatest and most hilarious hosts to put us to bed Monday to Friday.

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Sarah Jessica Parker.
GETTY IMAGES

GOSSIP

SJP trolls fans for self-promotion

There goes Sarah Jessica Parker, getting *Sex and the City* fans' hopes up once again.

This week, the actress posted a photo to Instagram of herself in a sleek white dress making a run from Bloomingdales in very Carrie Bradshaw fashion.

Along with the caption was the message: "I guess the cat's out of the (little brown) bag. As usual, we will keep you posted on every detail as we are able. I'm under strict gag

order until then."

The cryptic message sent some fans into a tizzy that a third *Sex and the City* movie just might finally be happening. But no. No, it's not.

The post is not in relation to the 'Sex and the City' property," a studio rep confirms.

Turns out Parker was just teasing news about her shoe line, SJP Collection.

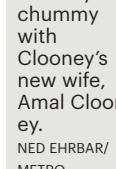
Sorry to get your hopes up.

NED EHRBAR/METRO

AMAL, MEET JULIA

Amal Clooney makes high-profile new friends

When you marry a man, you marry his friends, which apparently isn't so bad when the man is George Clooney and his friends include the likes of Julia Roberts, who has recently become chummy with Clooney's new wife, Amal Clooney.



ALS GALA RAISES MORE THAN \$70K

The ALS Society of Manitoba's annual Cornflower Gala was held April 25. This event was a huge success and helped raise more than \$70,000 of much needed funds for ALS/MND services in Manitoba.

The night's success can be attributed to the almost 200 guests that enjoyed a delicious meal prepared by St. Charles Country Club, bid on top prizes from many local businesses, and danced the night away to the music of the Luke and Murray Two Man Band.

"We are so lucky to have such a great group of people that support the ALS Society of Manitoba," says Diana Rasmussen, executive director. "Events like this would not be possible without such caring and generous supporters."

The night was emceed by local TV personality Colleen Bready from CTV, and included raffle prizes, an art auction and a live auction. A fly-in fishing trip courtesy of Bolton Lake Fishing Lodge, two tickets anywhere WestJet flies, pampering at Zealous MediSpa for him and her, and a signed Winnipeg Jets jersey were all auctioned off by Jack Lewis, Lewis Auction Services.

Event photos courtesy of Adrianna Kollar

can be found on the ALS Society of Manitoba Facebook page.

A special thanks to the following sponsors — presenting (Derksen Plumbing and Heating), patron (Cunningham Business Interiors, DMS Industrial Constructor, MacDon Industries), wine (Manitoba Liquor and Lotteries), benefactor (Canex Corporation, E.H. Price, FWS Group of Companies, South Beach Casino and Resort, Red River Co-Op, Ernst and Norma Schell and family), media (CJOB, CTV, Metro News), and auction sponsor (Victoria Inn Hotel & Convention Centre).

The ALS Society of Manitoba was founded in 1980 for people with ALS/MND, their families, friends and other interested parties. ALS (amyotrophic lateral sclerosis), also known as Lou Gehrig's Disease, is a life-limiting disease where 90 per cent of people diagnosed will die within three to five years, some within a few short months. During the past 35 years, the society has helped clients and their families by providing information, education, equipment, and support to help those living with ALS/MND maintain independence and make informed decisions about their care.



CONTRIBUTED



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ALS SOCIETY OF MANITOBA'S CORNFLOWER GALA

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WALK for ALS
SATURDAY JUNE 20, 2015

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NEW LOCATION!!

CHECK-IN: 9:00 am
WALK BEGINS: 10:00 am
WALK: 5 km

ALS is a terminal disease that has no treatment or cure. Please join us and help change the future of ALS.




This year our goal is to raise \$4.3 million across Canada. Together, we can make this happen.

Register and raise funds online www.WALKforALS.ca

Every purchase is a gift to the world

MCC Furniture Thrift Store is a non-profit, volunteer-based organization that raises funds for the work of Mennonite Central Committee (MCC).

MCC Furniture Thrift Store accepts donations of used furniture and appliances, which is sold at modest prices. All net proceeds are forwarded to MCC, a not-for-profit relief, development, and peace agency that approaches its mission by addressing poverty, oppression and injustice, and their systemic causes. The programs place particular emphasis on basic humanitarian assistance (disaster relief), sustainable development (agriculture and food security), education (poor rural communities and marginalized women), and peace building programs.

From May 13-20, all regularly priced used items in the 10,000-square-foot, two-storey location on 18 Keewatin St., will be 25 per cent off.

The MCC Furniture Thrift Store holds sales throughout the year, but given the recent disaster in Nepal, all net proceeds of the May 13-20 sale will go directly to MCC's response to the Nepal earthquake.

Making a purchase from May 13-20 can greatly affect the needs of those living in unbearable conditions.

MCC has had an active presence in Nepal



Sumina Chepang laughs with her mother Khisna Maya Chepang in Benighat, Nepal. Sumina received agricultural training through MCC partner Shanti Nepal. CONTRIBUTED

since the 1950s, and is currently working with eight local partner organizations in 12 districts in Nepal, primarily in the areas of disaster response and preparedness, agriculture, nutrition, livelihoods development, educations, health, and peace building.

"We work primarily with vulnerable households in rural areas of the country,"

says manager Laurie Goetz. "Many families are made up of migrant labourers and female-headed households. Our initial response is focused on emergency food and shelter needs in remote areas. In one district, up to 80 per cent of shelters have been severely damaged. Logistical challenges remain a key obstacle as electrical and telecommunications networks

are intermittently operational."

The Canadian government will be matching funds donated through May 25, which MCC is eligible to receive.

To donate, call 204-261-6381, please visit mccmanitoba.ca/nepal-earthquake, or shop at MCC Furniture Thrift Store where every purchase is a gift to the world.

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100% NET PROCEEDS GO TOWARDS MCC'S RESPONSE TO THE NEPAL EARTHQUAKE

Working together and supporting one another

For the last 14 years, the Canadian Cancer Society in Manitoba has been involved in dragon boating. By gathering pledges, paddlers have raised more than \$3.5 million for research and community-based programs and services to support cancer patients and their families.

On June 5-6, with the Manitoba Paddling Association, the Canadian Cancer Society will present the 2015 River City Dragon Boat Festival at the Manitoba Water Ski Park on Lake Shirley. The weekend of fun, entertainment and racing is open to individuals, groups and organizations looking for a healthy way to team-build and enjoy a little friendly competition.

Last year, the festival drew 60 teams with more than 1,400 participants, and raised vital funds to support Manitobans fighting against all forms of cancer. They are expecting an even bigger turnout this year, so don't miss the boat and register.

Kelly Ritchie says he owes his recovery from cancer to the funds raised for research, diagnosis and treatment through organizations like the Canadian Cancer Society. Today, Ritchie stays healthy by sharing fun activities with his family, such as dragon boating.

"The big thing with dragon boating is the camaraderie and accomplishment of working together and supporting one another," he says. "It doesn't matter who you are, if you get in a boat and try and go at it alone, just as in life, you won't achieve anything."



CONTRIBUTED

Teams can register at cancer.ca/dragonboat (credit card required), or contact dragonboat@mb.cancer.ca to pay by cheque. The cost for a team of 20 is \$1,050.

And don't be discouraged to sign up if you haven't paddled before. The registration fee not only covers entry, but includes two practice sessions with an experienced coach.

For more information or to register online, please visit cancer.ca/dragonboat, contact Dave McKnight at dmcknight@mb.cancer.ca, or phone 204-788-4547.



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FESTIVAL

MANITOBA WATER SKI PARK ON LAKE SHIRLEY
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Gather a group of co-workers, friends and/or family together and register today at cancer.ca.

Registration covers event entry, two practice sessions (with an experienced coach), a free spot for your Team Tent (up to 10 sq ft), and the use of all necessary equipment.



Get involved and help Manitobans fighting ALL cancer!

Visit cancer.ca, call (204) 788-4547 or email dragonboat@mb.cancer.ca

Your essential daily news

Seat's Ibiza includes new engines and in-car tech to challenge Ford Fiesta

Big on everything except size



CONTRIBUTED

THE CHECKLIST | 2016 HONDA HR-V

THE BASICS

Type. Five-door, front-wheel drive/AWD compact crossover

Engine (hp). 1.8-litre inline four-cylinder (141)

Transmissions. CVT automatic, six-speed manual

Price. Base \$20,690 (plus destination)

POINTS

- Shares much engineering with new Honda Fit, and built alongside Fit at Honda's new factory in Celaya, Mexico.
- Japanese-market HR-V powered by Fit's 1.5-litre direct-injection DOHC engine; our HR-V powered by the torqueier 1.8-litre SOHC engine used in the Civic.



CONTRIBUTED

COOL FEATURES

- Fuel tank located in centre of vehicle, to allow for deeper rear cargo department.
- Available LaneWatch display sends lane images to the main display when signalling.
- Speedometer illumination changes from white to green depending on fuel efficiency.

MARKET POSITION

- Honda's entry in fast-growing subcompact SUV segment. Targeted at buyers who want the drivability and styling of a coupe, and the functionality of an SUV. Aimed at mature Gen Y, couples who have yet to breed, empty nest boomers.

THE COMPETITION



Chevrolet Trax
Base price: \$20,880



Nissan Juke
Base price: \$20,498



Mitsubishi RVR
Base price: \$19,998

doses of everything.

Styling is entirely in keeping with current Honda themes, but combines two separate ideas: a "coupe-like" upper portion that suggests sportiness; and a wider, lower body "SUV-like" portion that suggests stability and strength.

Honda Canada's senior product planner, Hayato Mori, doesn't like the word "platform," because when we say the HR-V is based on the Fit platform, he says it sounds like "we stuck an HR-V body on the bottom of a Fit." Apparently, there was more to it than that.

Mike Goetz
Metro | Canada

Building a crossover on the smallest platform you have in your vehicle portfolio is big business these days for the automakers.

Vehicles such as the Nissan Juke, Jeep Renegade, Buick Encore, Fiat 500X, Chevrolet Trax, and Mini Paceman are all winning buyers. Joining the fray this summer will be the Mazda CX3 and our road-test victim, the 2016 Honda HR-V.

According to Honda, current demographics are playing right into the hands of these little scoots.

Millenniums are coupling up but still childless, and boomers no longer need to chauffeur kids (except for those here and there who refuse to leave the basement).

And typical of Honda, it targeted HR-V right into the heart of this growing and soon-to-be sizeable market. It will not be an outlier in this segment, by going with one personality focus, such as performance sted, visual piece, or luxury statement.

Instead, the HR-V is a great all-rounder, with just the right

versatile cargo-carrying vessel in the class. It swallows bikes and surfboards and small upright trees like a small, benevolent metal whale.

HR-V is exclusively powered by the same 141-hp 1.8-litre "four" toiling away in the Civic. It can be mated to either the all-new CVT automatic, or a six-speed manual. The former works well and kicks down particularly quickly and smoothly. The latter is not as slick as I was expecting.

The HR-V can be had in both FWD and AWD.

SELF-DRIVING VEHICLES

Nevada licenses 18-wheeler tractor-trailer for testing only

Jil McIntosh
For Metro

You've probably heard several companies are working on cars that drive themselves, but here's even bigger news: a tractor-trailer that can. And while such trucks are a decade or more away from production, Freightliner's Inspiration 18-wheeler concept truck is the world's first commercial autonomous vehicle licensed for public roads.

It's currently licensed only in Nevada, and strictly for test-

ing purposes. And while the Inspiration can pilot itself, it's not driverless.

"When it comes to safety and reaction time, computers are more reliable than a human being," says Martin Daum, president and CEO of Daimler Trucks North America, Freightliner's parent company. "But there are times when you can't beat the human brain. We need both."

The Inspiration uses a variety of technologies to make its magic, all of which are now available on many passenger cars. These include adaptive cruise



The Freightliner Inspiration. JIL MCINTOSH / FOR METRO

control, which ensures the truck keeps its distance from vehicles in front; automatic braking sys-

tems if a car cuts in front; and cameras that watch the road lines so the truck's steering system will

stay between them. The self-driving feature isn't meant for city traffic, but for long-haul highway stretches. A ride in the Inspiration revealed it worked exactly as advertised, following curves in the road and adjusting its speed for slower vehicles ahead.

The truck can't pull itself out to pass, or stop and make a turn. When self-driving conditions aren't ideal, the truck tells the driver to take the wheel. The driver doesn't leave his seat, but is free to do other tasks during auto-pilot, such as paperwork or communications. This will reduce driver fatigue, estimated

as a factor in one out of every eight big-truck crashes.

In areas serviced by 3D map terrain technology, the Inspiration can also use "predictive" cruise control to anticipate hills and drive accordingly. It's expected to return a fuel economy improvement over the average 39 L/100 km that tractor-trailers use.

Freightliner will continue testing the Inspiration in a wide range of road and weather conditions, but the biggest hurdle is legislation.

Self-driving trucks won't be truly viable until all provinces and states approve their use.

Style, power mark Challenger SRT8

USED VEHICLE

Most issues in 2008-2014 models easy to find, fix

For a decent price, the Dodge Challenger SRT8 serves up one-of-a-kind looks, tremendous power output, a lengthy list of features, and a lusty powertrain, consisting of an up-tuned SRT V8 engine available with a six-speed manual transmission.

Targeted upgrades to the chassis enhanced performance and durability in a motorsports setting, with upgraded Brembo brakes, suspension components, wheels and tires helping generate Challenger's then-highest levels of track readiness.

Used copies will have no less than 425 horsepower from a 6.1-litre V8 engine, and more recent copies got a 6.4-litre unit that made it 470. The larger engine is referenced by

the Challenger's "SRT8 392" designation.

Look for available dual-mode dampers for optimized handling or ride quality at the touch of a button, as well as feature content including navigation, premium audio, Bluetooth, keyless ignition, heated leather and more. The Challenger SRT8 is a big, comfy coupe that goes like absolute bananas.

Approach a used Challenger SRT8 assuming the seller is trying to pass off the replacement bill for tires, brakes and a clutch, until you or your mechanic prove otherwise.

What to check

Confirm all window seals are present, intact and undamaged, or water leaks may result. Rubber seals around the windows and doors should be plump, intact and solid, not dried out, damaged or missing.

The owner's community suggests test drivers check the headliner for sagging, and inspect the rocker panel covers for signs of a fairly common

cracking issue. Scrutinize the driver's seat for signs of ripping, damaged seams, or excessive wear, too.

Be sure the transmission shifts smoothly and with no biting back, or rejected shifts, which could indicate trouble caused by past abuse. Take a whining or groaning sound from the rear differential while turning tightly at a low speed as a sign of trouble, too.

Finally, confirm everything inside the Challenger SRT8 that runs on electricity is in proper working order, including the seats, climate control, driver computer, steering-wheel controls and lights.

Scrutinize the navigation system for proper operation, be sure the Bluetooth system pairs with your mobile phone, and look for any burned-out LEDs in the driver computer display or stereo, if applicable.

Also, check the xenon headlamps for proper operation, as a burned-out xenon light can be pricey to replace.

JUSTIN PRITCHARD



What owners like

Common owner praise-points include a comfortable and pleasant ride on most surfaces, the immense performance, the standout, crowd-gathering looks, and a surprisingly roomy back seat.

What owners dislike

Typical gripes centre around the ability of the Challenger SRT8 to quickly gather attention from local law enforcement authorities, a heavy fuel bill, and limited outward visibility.

The verdict

A largely solid buy in a used performance coupe that accommodates four adults while delivering top-notch performance. With the most commonly reported issues being fairly easy to detect, diagnose and repair, this car makes a confident buy after a mechanic's two thumbs up.

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Alpine to return to the road

REVIVAL

Relaunch may include SUV, sports car coupe concept

Renault Group president and CEO Carlos Ghosn has green-lit plans to revive the Alpine brand, with the first production model due to debut in late 2016. French magazine Challenges broke the news, which has been confirmed to the AFP.

According to Challenges, the CEO is willing to invest around \$812 million CDN to resurrect the car brand.

In June, the company could unveil a new sports car coupe concept at the Le Mans 24 Hours race in

Le Mans 24 Hours race in France, where an Alpine A450B will be among the competing vehicles.

The new concept is expected to resemble the famous A 110 "Berlinette" and is slated to go on sale in late 2016 for around \$40,600.



The legendary Alpine A110 appears at a rally race in the '70s

PEUGEOT

Prototype shows speed

Step on the gas pedal and all it takes is 1.73 seconds to get your speed up to 100 km/h with the new Peugeot Vision Gran Turismo prototype unveiled recently for the Gran Turismo 6 video game.

The prototype attributes its rapid speed to a 1:1 power-to-weight ratio, weighing in at 875 kilograms and boasting 875 horsepower.

This year marks the 15th anniversary of the Gran Turismo

An SUV is also said to be in the works.

Founded in 1955 by Renault pilot and dealer Jean Rédélé, the Alpine brand was integrated into the Renault Group 10 years later.

Aside from being known for its road-going production cars (Alpine 110, 310, 610, and others), the brand earned a sterling reputation at the track, winning the World Constructors' Championship in 1973 and the Le Mans 24 Hours race in 1978. While the brand was discontinued in 1995, the Alpine name returned to the endurance racing circuit in 2013.

The expectations are high for this relaunch of the Alpine brand, following a previous failed attempt in partnership with Caterham.

Renault's catalogue will now include four distinct brands, each with a clearly defined target market: Dacia in the low-cost segment, Renault for the general consumer, Alpine in the sports car segment and Initial Paris for the luxury market.

AUTO NEWS SPRUCED-UP BMW 3-SERIES MAKES ITS DEBUT



The new BMW 3-Series gets new engines for 2015. BMW

The BMW-3 Series has received a subtle exterior nip and a tuck but a serious internal update for 2015. The new sedan and estate car has been tweaked to look lower, wider and more dynamic — thanks to new bumpers and headlights. The chassis and suspension system have also received some serious attention so the car remains fun to drive, even in the face of increasing competition.

from the likes of Jaguar. The most noticeable change for 2015, however, will be found under the owner's right foot. That's because each of the three-, four- and six-cylinder gas and four-cylinder diesel engines offered for the new car are new powerplants, with new levels of performance or efficiency, depending on whether economy or excitement is at the top of your list. AFP

Family plans to sue NHL

CONCUSSIONS

Brain analysis shows the late Steve Montador had CTE

Researchers who autopsied the brain of former NHL defenceman Steve Montador have discovered he had chronic traumatic encephalopathy, or CTE, the progressively degenerative disease that's been linked to repeated blows to the head.

Montador, who died in February at age 35 of an undisclosed cause, had sustained multiple concussions during his hockey career and had been exhibiting signs of a possible brain disorder, including depression, memory problems and erratic behaviour.

His brain was donated after his death for analysis to the Canadian Sports Concussion Project at Toronto's Krembil Neuroscience Centre, and researchers confirmed the diagnosis of CTE on Tuesday.

Neurosurgeon Dr. Charles Tator, head of the project, said the analysis of Montador's brain showed he had widespread deposits of a protein called hyperphosphorylated tau. The abnormal protein in brain cells is a marker for CTE.

"And he had a lot of it," said Tator.

In the wake of the announcement, Montador's family said they plan to launch a lawsuit against the NHL, saying in a statement on their lawyer's web-



Steve Montador exhibited signs of a possible brain disorder before he died in February at age 35. GETTY IMAGES FILE

site that "the finding of widespread CTE in Steven's brain helps us all better understand that his brain was ravaged by disease and he was unable to control it."

William Gibbs, an attorney at the Chicago-based firm Corboy & Demetrio, said on the website that the neuropathological analysis confirmed the family's suspicions that Montador's brain was "decaying due

200

The number of former NHL players involved in a class-action lawsuit seeking unspecified financial damages and NHL-funded medical monitoring for neurological disorders

to the head hits he endured during his NHL career."

"CTE has afflicted yet another young athlete and his family. It is heartbreaking that such a vibrant young man sustained such monumental brain damage while playing a professional sport," said Gibbs.

His firm is also representing the family of Derek Boogaard in their lawsuit against the NHL. The 28-year-old hockey enforcer

+ TAU BUILDUP

Why does CTE happen?

It's still not clear. Boston University experts point out that head trauma and CTE symptoms don't always mean that one will develop the disease, and that genetics may play a role.

What is known is that CTE can be confirmed only in a post-mortem examination of the brain.

The crucial sign is buildup of a protein called "tau," which appears in special tests as dark brown splotches on brain tissue. This protein is meant to stabilize tiny structures in the brain called microtubules. However, when someone with CTE too much of it gets released in the brain, causing "neurofibrillary tangles" that damage portions of the organ and contribute to its deterioration. TORSTAR NEWS SERVICE

died in 2011 of an apparently accidental overdose of alcohol and painkillers. Despite his young age, a brain autopsy found Boogaard already had severe CTE.

Montador played for six NHL teams during his career, including the Calgary Flames, Boston Bruins and Chicago Blackhawks. He had arranged for his brain to be donated to the Krembil Neuroscience Centre upon his death. THE CANADIAN PRESS

CFL Offensive linemen go 1-2-3 in draft

The Ottawa Redblacks selected offensive lineman Alex Mateas with the first pick of the CFL draft Tuesday night.

The six-foot-four, 309-pound Mateas, 24, an Ottawa native, started all 12 games at centre last season for the University of Connecticut Huskies. Mateas recently attended the New York Jets rookie mini-camp as a free agent but didn't sign an NFL contract.

Mateas originally accepted a scholarship to Penn State before transferring to Connecticut.

The Winnipeg Blue Bombers followed at No. 2 and selected Calgary offensive lineman Sukh Chungh. The six-foot-four, 300-pound native of Coquitlam, B.C., was a CanWest all-star and CIS All-Canadian in 2013 and 2014.

Not only is Chungh an athletic player, but pro scouts were impressed with his on-field aggressiveness.

The Toronto Argonauts continued the run on offensive linemen, taking the University of Calgary's Sean McEwen at No. 3. In 2011, the six-foot-three, 297-pound Calgary native was the Dinos' nominee for the Peter Gorman Trophy as rookie of the year after establishing himself as a starter by season's end.

McEwen was a three-time conference all-star and twice earned All-Canadian honours but there are reports he's considering a return to Calgary this fall. THE CANADIAN PRESS

WORLD HOCKEY CHAMPIONSHIP

Belarus poses tricky test for Canada

They're a hard team to play against.
Canada coach Todd McLellan on Belarus

Canada may have rolled through the preliminary round at the world hockey championship, but there are plenty of reasons for caution as a quarter-final against Belarus looms.

Belarus clinched fourth place in Group B with a 3-2 win over Norway on Tuesday, setting up a playoff matchup Thursday with Canada. The Canadians finished first in Group A, capping their perfect run through the preliminary round with a 10-1 rout of Austria.

But the Belarusians are hardly pushovers. They won four times in regulation in the preliminary round, including a convincing 5-2 victory over the U.S., and two of their three losses came in overtime. THE CANADIAN PRESS

IN BRIEF

Direct evidence against Brady, lawyer says

The lawyer who investigated the New England Patriots says that he had found direct, not just circumstantial, evidence to show quarterback Tom Brady knew about employees deflating footballs.

Ted Wells said on a conference call Tuesday that his findings would have been enough to convince a jury in a civil trial under the "preponderance of evidence" standard.

THE ASSOCIATED PRESS

BOXING

MayPac obliterates pay-per-view record

\$240M

After satellite TV and cable systems take their cut, Mayweather could walk away with \$240 million from the fight

record of 2.48 million buys generated by Mayweather's 2007 fight with Oscar De La Hoya. THE ASSOCIATED PRESS



Alex Mateas was selected first overall in the draft by the Redblacks. GETTY IMAGES FILE

RECIPE Buffalo Chicken Sliders**EAT LIGHT AT HOME**
Rose Reisman
rosereisman.com

@rosereisman

Ready inPrep time: 10 minutes
Cook time: 12 minutes**Ingredients**

- 1lb ground chicken or turkey
- 1/3 cup bread crumbs
- 3 Tbsp finely chopped green onions
- 3 Tbsp finely chopped cilantro or basil
- 1 egg
- 1/4 cup Sriracha
- 1 Tbsp olive oil
- 1½ tsp minced garlic
- Salt and pepper
- ¼ cup grated old cheddar
- 12 mini hamburger buns
- ¼ cup light ranch dressing or low fat mayonnaise
- 12 thin slices plum tomato

Directions

1. In a bowl combine chicken,

bread crumbs, onions, cilantro, egg, Sriracha, oil, garlic, salt and pepper. Mix well and form into 12 mini burgers.

2. In a grill or sauté pan, sprayed with vegetable oil, cook burgers on medium heat for about 10 minutes, turning halfway, just until cooked and no longer pink. Sprinkle cheese over top, cover pan and cook just until cheese has melted, about 2 minutes.
3. On hamburger bun bottom, spread some ranch dressing. Add tomato slice and burger. Top with other half of bun.

**Nutrition per serving
(recipe serves 12)**

- Calories 211 • Protein 10.9 g
- Carbohydrates 20 g
- Fibre 0.3 g • Total fat 10.1 g
- * Saturated fat 1.0 g
- * Sodium 277 mg
- * Cholesterol 48 mg

PHOTO: ROSE REISMAN

*** IT'S ALL IN THE STARS** by Sally Brompton**Aries** March 21 - April 20

You have been in one place too long and need to make your escape. The only danger is that in your haste to get away you may go off in a direction that is not at all suitable.

Taurus April 21 - May 21

You could easily spend too much money today and in doing so damage your reputation for thrift and common sense. Just because others are throwing their cash around does not mean you have to as well.

Gemini May 22 - June 21

The planets warn you could easily go over the top and offend or annoy someone you really need to stay on good terms with. Don't let that stop you taking risks but make sure others don't end up paying for your mistakes.

Cancer June 22 - July 23

Don't sell your services too cheap. Just because someone may be short of cash does not mean you should lower your prices for them. A job worth doing is a job worth getting paid the going rate for.

Leo July 24 - Aug. 23

Creative activities will go well over the next 24 hours and they will go even better if you don't try to do everything yourself. Get friends and relatives to assist you.

Virgo Aug. 24 - Sept. 23

Play it cool today and don't worry that others may be doing better or getting paid more than you. It is always a mistake to compare yourself to colleagues and rivals and it would be even more of a mistake today.

Libra Sept. 24 - Oct. 23

Ideas will come thick and fast today but to make the most of them you will have to be selective. You won't get far if you try to follow up on each and every one of them. Do less, or think less!

Scorpio Oct. 24 - Nov. 22

According to the planets there is something you have overlooked and if you want to avoid making a fool of yourself you need to find out what it is and take appropriate action.

Sagittarius Nov. 23 - Dec. 21

You feel there is nothing you cannot do. You feel that nothing is too much for you. That could be true but with Mars moving through your opposite sign you must take into account what other people want too.

Capricorn Dec. 22 - Jan. 20

You may be considering giving up on a project that appears to have run its course, but something will happen over the next few days that makes you think again.

Aquarius Jan. 21 - Feb. 19

You can quite easily turn a setback into something more positive, simply by asking other people to help you out. What looks like a disaster to you may look quite different to them, so ask them what they see and act on what they tell you.

Pisces Feb. 20 - March 20

You will make more progress between now and the Sun's change of signs on the 21st if you keep to the middle path and avoid extremes.

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

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